

**MA POLITICAL SCIENCE / MA ENGLISH / MLISc.  
THIRD SEMESTER  
LIFE SKILL EDUCATION  
MAE – 306 [MDC]**

**SET  
A**

**[USE OMR SHEET FOR OBJECTIVE PART]**

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

**(Objective)**

Marks: 20

*Choose the correct answer from the following:*

**1 × 20 = 20**

1. .... is a term used to describe a set of basic skills acquired through learning.  
a. Life skills  
b. Jobs skill  
c. Personal skills  
d. All of these
2. Which of the conflict management style would be most often employed where two parties from similar cultures are in conflict?  
a. Compromising  
b. Competing  
c. Ignoring  
d. Collaboration
3. .... is getting information, and with that information, you make a goal, and then plan the steps needed to obtain that goal.  
a. Life skills  
b. Career planning  
c. Career selection  
d. None of these
4. Which of the following is not an option/way of conflict management?  
a. Ignore the conflict  
b. Compromising  
c. Argument  
d. Mediate through it
5. .... conflict involves two or more individuals rather than one individual.  
a. Inter personal  
b. Cognitive  
c. Intra personal  
d. All of these
6. The different methods that can be used to enhance life skills in students is/are  
a. Class discussion  
b. Role plays  
c. Story telling  
d. All of the above
7. Analyzing the information, thinking creatively, problem solving, and reasoning. Evaluating are the above said skills of.....  
a. Critical thinking  
b. Creative thinking  
c. Problem solving  
d. Decision making
8. A typical ..... contains a summary of relevant job experience and education  
a. Grade sheet  
b. Cumulative record sheet  
c. Resume  
d. None of the above
9. .... are that contribute to dealing successfully with other people  
a. Communication skills  
b. Interpersonal skills  
c. Creative thinking skills  
d. None of these



10. ....is a value added program which aims to provide students with strategies to make healthy choices that contribute to meaningful life.
  - a. Career planning
  - b. Life skill
  - c. Conflict management
  - d. Life skills education
11. Which of the following is not a source of career information?
  - a. Job fair
  - b. Career magazine
  - c. Bio data
  - d. All of these
12. A good career counselor is a-
  - a. Problem solver
  - b. A keen listener
  - c. Has scientific knowledge of various filed to guide you in your career decisions
  - d. All of the above
13. ....is the ability to imagine what life is like for another person, even in a situation that we may not be familiar with.
  - a. Empathy
  - b. Interpersonal skills
  - c. Critical thinking
  - d. Creative thinking
14. Which skill is related to interpersonal skills?
  - a. Social skills
  - b. Critical thinking skills
  - c. Stress management skills
  - d. Self-awareness skills
15. ....means involving recognizing emotions within us and others, being aware of how emotions influence behavior and being able to respond to emotions appropriately.
  - a. Coping with stress
  - b. Coping with emotions
  - c. Decision making
  - d. All of these
16. CV Stands for?
  - a. Curriculum vitae
  - b. Curriculum vita
  - c. Curriculum value
  - d. None of these
17. ....gives us a better frame work to plan for our future career.
  - a. Career guidance
  - b. Life skill education
  - c. Life skills
  - d. Conflict management
18. Career counseling is ..... Process.
  - a. Life long process
  - b. Short term process
  - c. Long term process
  - d. flexible
19. Life skills education include
  - a. Educational benefits
  - b. Social benefit
  - c. Cultural benefit
  - d. All of these
20. Conflict is defined as opposition or dispute between persons, groups or ideas. Who said this?
  - a. Follett
  - b. WHO
  - c. Joe Kelly
  - d. UNICEF

**( Descriptive )**

Time : 2 Hr. 30 Mins.

Marks : 50

[ Answer question no.1 & any four (4) from the rest ]

1. Discuss the various steps for managing conflict. 10
2. What do you mean by conflict? Discuss the different causes responsible for conflict. 5+5=10
3. Explain the life skills as given by WHO. 10
4. Define Life skills. Discuss the needs and importance of life skills education. 3+7=10
5. a) What are the basic goals of life skills education? 4+6=10  
b) Discuss briefly about interpersonal skills and give the examples of good interpersonal skills.
6. Give the proper format of writing a Resume for a job aspirant. 10
7. a) Give the meaning of career guidance. 5+5=10  
b) Why do we need career guidance service in school level?
8. Write short notes on *any two*: 5+5=10
  - a) Career guidance centre
  - b) Cognitive Skill
  - c) Emotional Skill

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